

Center I nformation

Hours of operation

Mon, Wed 10:00am - 9:00pm Tue, Thurs, Fri 1:00pm - 9:00pm Saturday 10:00am - 5:00pm

Sunday Closed

Holiday closures

Memorial Day May 29th

Program dates

March 27 - June 18, 2006

Program registration and procedure

All registration including mail-in, walk-in, phone and on-line begins March 13th, 2006.

Ravenna-Eckstein's registration procedure is for classes/activities only and does not specifically include KIDSTIME programs, camps, evening Teen Program, league sports, and the Senior Program.

Mail-in registration is accepted beginning March 13th, 2006. We will only accept registrations that are postmarked. On or after, these registrations will be processed as they are received by mail and opened. **Dance and Tiny Tot classes are the only pre-registered classes of current students, so there may or may not be slots available. Before mailing in your registration for these classes, please call the Center for space availability.

Registration will continue until class maximums are reached. There will not be phone or written confirmation. We will notify a registrant only if he or she does not get enrolled in a class and is placed on a wait list. Wait lists are only maintained for the present quarter. Refunds will be issued by mail for those who do not get into a class.

You can make a difference!

The Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held on the second Thursday evening of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, special events, and facility rentals are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Professional staff

Ken Bounds, Superintendent Christopher Williams, Operations Director Maureen O'Neill, North Recreation Manager Tom Ostrom, North Senior Recreation Coordinator

Pati Maxwell, Recreation Coordinator TBA, Assistant Recreation Coordinator Amanda Enright, Teen Development Leader Penny Atwood, Recreation Attendant Michio Imanaka, Recreation/Rental Attendant Alejandro Leza, Building Monitor Thao Huynh, Building Maintenance

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please contact us at 684-7534.

Special Events

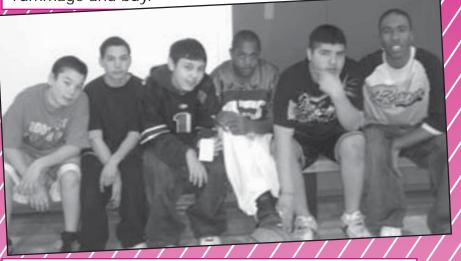
Not-So Antique Ravenna Road Show

Saturday March 25th 10:00-4:00pm Cost per table \$20.00

This is our idea of what a fabulous Flea Market should be. Bring your junk or treasures for others to rummage and buy.

Big Ol Bingo ALL AGES! \$2.00 admission

March 3rd, 7:00pm-8:30pm
Bringing back Bingo... We've heard you, and now it is back. Join us as we kick start and old favorite. One card per player. Fabulous prizes!



St. Patrick's Day:

Leprechaun trap making
ALL AGES! \$2.00 admission
March 17th, 7:00-8:30pm

Join us on St. Patrick's Day for our annual Pot of Gold Hunt, where you will search for all kinds of prizes. We will also make Traps to catch local Leprechauns. A Leprechaun is an Irish "elf". Leprechauns are small in size, and some say they look like a tiny, old man in a top hat and red beard. They are tricky fellows and like to play pranks on unsuspecting people so beware!

Each Leprechaun also has a pot of gold! Some say they bury it in secret places , if you catch a Leprechaun he will lead you to his pot of gold and give it to you as a bribe to let him go.

Good Luck, we will see you here!!!



Fabulous Family Fridays

ALL AGES! \$2.00 admission

ThisquarterRavenna-Ecksteinisbringing back our: Fabulous Family Fridays. On selected Fridays during Spring quarter we will be offering fun opportunities for the whole family to socialize and recreate. These Community Nights are a time of fun for all ages. All events will begin at 7:00pm.

Special Events

Spectacular Spring Scamper

Ages 10 and under Saturday April 15th, 10:00AM Sharp!!!!

Join us for our annual rain or shine spring hunt. We'll have lots of candy, special prizes, and a ton of fun! Bring a basket or bag to carry your goodies home.

"Sit I n" Movie

WITH ENTERTAINMENT PACK
ALL AGES!
\$2.00 Snack Pack

March 31st 7:00pm Aladdin

Bring your own "comfy" chair and set it up in our multistage to watch our feature presentation projected on a big screen. Moviegoers will be treated to an entertainment pack of candy, popcorn, and drink. Admission charged for projector rental/refreshment only.

William's Shakespeare's

"Twelfth Night",

presented by the Seattle Public Theater Youth Ensemble. Friday, June 2nd at 7:00pm

A shipwreck, a swordfight, several songs, and a dance or two.... Shakespeare brilliantly balances melancholy and mania, wit and whimsy. From the witty to the ridiculous, this play has something for everyone. Come join the madness!

"Twelfth Night" is performed by young actors ages 12-18. Seattle Public Theater at the Bathhouse offers year-round drama programs for students of all ages. For more information on how you can get involved, visit www.seattlepublictheater.org or call (206) 524-1300.

2006 SPRING DINNER AND CONCERT

"CELEBRATING THE DIFFERENCES"

CULTURAL EXPERIENCE FRIDAY, MAY 12TH 6:00PM – 8:30PM

at Ravenna-Eckstein Community Center

Live Entertainment... Entrées from Around the World...

\$6.00 admission per person

FAMILY ENTERTAINMENT AT ITS FINEST!!!

Special Events

Come Fish With Us!

Have you ever yelled "I got one!!!"? Fishing is great fun, and it's a sport the whole family can enjoy. Seattle Parks and Recreation and the Washington Department of Fish and Wildlife bring you the second "Fishing Kids" event at Green Lake on Saturday, April 22 from 9:00am - 2:00pm at Green Lake Park.

Bring your kids and we'll teach them to fish - we want to introduce more kids to fishing, a life-time sport you can especially enjoy in Seattle with our abundant water. You'll learn lots about fishing, including water safety, different kinds of fish, how to cast, and what to do with a fish when you catch it.

Every child who participates will receive a T-shirt and a rod and reel to take home, and you'll even bring home a trout!

To sign up any child from ages 5 - 14, just ask for a form at any Parks and Recreation facility, and mail it to the address on it with \$5 for each child participating. We hope to see you on April 22nd!

Me and My Teddy Bear Luncheon

ALL AGES! \$2.00 admission Friday April 21st 12:30-1:30pm

Join us for a fun Teddy Bear Luncheon. Bring your teddy bear and a lunch and join us for some teddy bear fun. We will do crafts, sing a song or two and have some teddy bear fun.

May Day Cinco de Mayo

ALL AGES! \$2.00 admission Friday April 28th 7:00-8:30pm

Come and join us for a flower making frenzy. We will make May Day flowers and Cinco de Mayo flowers. Plus dancing and making cats eyes.

I ndoor Playspace

March 27 - June 16
(Saturday hours end May 20th)
6 visit punch card \$9.00
12 visit punch card \$18.00
Unlimited spring family pass \$30.00
Guest Pass \$2.00 per visit per child

Monday 10:15AM - 6:00 PM
Tuesday 3:30 - 6:30 PM*
Thursday 3:30 - 6:30 PM*
Friday 1:30 - 8:30 PM
Saturday 10:30AM - 4:00PM
exception: 4/4, 6; 5/2, 4; 6/6, 8

Important!

The Unlimited Family Pass is for immediate family only and expires June 16th 2006

PARENTAL SUPERVISION REQUIRED! Parents.... Please be responsible for cleaning up after your children.

LIL' SLUGGERS

Tuesday 3:45 – 4:30pm

OR 4:45 - 5:30pm

ages 4 - 5 \$65.00

May 9th - 30th Min 16/Max 20 (4 weeks plus bonus jamboree)

Plus jamboree and family picnic TUES-DAY, 6/6 at 5:00pm at Ravenna-Eckstein Community Center Playfield

Instructor: Carol Rasp

Players will throw, hit, field, and run the bases just like the Big Leaguers! Baseball hat and shirt included. More details to follow on Jamboree and family picnic. Some parental involvement required. Tshirt included.

TOT GYM CLUB (ages 2-5)

Wednesday 10:30am - 2:00pm

March 29th – June 14th (11 weeks)

\$2.00

A gym just reserved just for little people! Balls, active play toys, and riding toys are available. Bring your own favorite car or trike or ride one of ours! Please no two wheel bikes. Parental supervision required.

Spring 2006 Tiny Tots

Spring session for currently enrolled students only. The waiting list is maintained until space is available or the end of the quarter's program. The waiting list will not be maintained from quarter to quarter.

Spring 06 Tiny Tots

Session 1 (ages 2-3) Tuesday, Wednesday and Thursday 10:30 am - 12:30 pm \$280.00

April 11th – June 8th Min 10/ Max 12

Session 2 (ages 3-4) Tuesday, Wednesday and Thursday 12:30-3:00pm \$350.00

April 11th – June 8th Min 10/ Max 12

Includes games, individual and group play, storytelling, arts & crafts, music, singing, field trips, group motor skills, and socialization. PARENTS ARE REQUIRED TO ASSIST TEACHER WTH CLASS DUTIES AND ALSO BRING SNACKS SERVERAL TIMES.

Instructor: Carol Rasp

JUST STARTING SPORTS (ages 3-4)

Thursday 9:30 – 10:30am

April 20th – June 8th \$68.00 Min6/Max 20 (8 weeks)

In just starting sports we will introduce your little one to Basketball, Track, T-ball, and Soccer. Starting with proper warms ups and then going into the fun basics on how to bat, kick, run, and pass we are going to have one stellar time.

Arts: Visual and Crafts

SEASONAL CRAFTS (ages 10 and up)

Tuesday

12:30pm – 1:30pm \$68.00 April 18th – June 13th (9 weeks)

Thursday

6:00pm - 7:00pm \$68.00 April 20th - June 15th (9 weeks)

Make beautiful handmade cards, gifts, and pictures drawing inspiration from the changing seasons. Teacher is a professional artist that sells works in museums,

galleries, and shops around the country.

Instructor: Susan Moffitt

TREE OF LIFE (ages 6-9)

Tuesday

10:00am – 11:00am \$68.00 April 18th – June 13th (9 weeks)

Thursday

3: 45pm - 4: 45pm \$68.00 April 20th - June 15th (9 weeks)

Using collage we will make a life size picture of a tree that you can hang up at home and change throughout the seasons. A beautiful addition to your child's room that lends itself to family activity as you poignantly mark the passage of time.

Instructor: Susan Moffitt

DINO EXPLORERS (ages 2 – 5)

Tuesday

11:15am – 12:15pm \$68.00 April 18th – June 13th (9 weeks)

Thursday

5:00pm - 6:00pm \$68.00 April 20th June 15th (9 weeks)

Come learn about these prehistoric creatures and make exciting crafts in the process. We'll explore different kinds of dinosaurs and speculate upon why they went extinct. Make dino eggs, dioramas, meteors and more.

Instructor: Susan Moffitt



OOEY GOOEY ART

Saturday 10:30 – 11:15am April 22nd – May 13th ages 18 – 36 months \$12.50 to drop in or \$40 for all four sessions

PARENT PARTICIPATION REQUIRED

Let's see how creative those little hands can be. Using different textiles each week; paint, crayons, glitter, magic mold, buttons and so much more to create

fantastic imaginative art work. Wear old clothes, and get ready to be an ooey,

gooey mess.



CREATIVE MOVEMENT (ages 3-4)

* Must be of age as of January 1, 2006 * Wednesday (11 weeks)

3:00pm-3:45pm \$75.00

March 29th -June 14th

No Class 4/12

Friday (11 weeks) 1:45pm-2:30pm \$75.00

March 31st - June 16th

No Class 4/14

Through fantasy and games, children learn basic movement skills and vocabulary such as hopping, leaping, gliding, and stretching, just to name a few. Children will also be encouraged to work as a team and make individual choices in their expressive movement. Children should wear close fitting clothes with gym or ballet slippers or no-slip socks. Parents and friends are invited to join us for a performance on the last day of class.

Instructor: Chloe Davenport

Min 7/Max 9

PRE-BALLET (ages 4-5)

* Must be of age as of September 1, 2005* Wednesday (11 weeks) 3:45pm- 4:30 pm \$75.00

March 29th –June 14th

No Class 4/12

Children experience the joy of dancing while learning basic movement skills and vocabulary including sliding, jumping, turning, and balancing. Beginning ballet concepts are taught through short, fun dances and rhythmic games as well as creative assignments. Class uniform—Girls: tights, leotard, and pink ballet slippers; boys: black tights, t-shirt, and black ballet slippers. We will finish the school year with a June recital. Place and time TBA.

Instructor: Chloe Davenport

Min 7/Max 12

PRE - MODERN DANCE (ages 4-5)

* Must be of age as of September 1st 2005*

Friday (11 weeks) 3:30pm- 4:15pm \$75.00

March 31st – June 16th

No Class 4/14

While fantasy and creativity are still at the root of this class, rhythmic and energetic modern dance exercises will help strengthen and stretch our bodies. Movement concepts such as space, force, and rhythm will be explored through games that develop creativity. We will also learn specific dances to enhance our new understanding of those movement concepts. Children should wear a leotard and footless tights of any color and have their hair pulled out of their faces. We will finish the school year with a June recital. Place and time TBA.

Instructor: Chloe Davenport

Min 7/Max 12



Kid'sTime 2006

BEFORE AND AFTER SCHOOL PROGRAMS
AEII AND WEDGWOOD ELEMENTARY

Join us for morning/ afternoon fun at our on—site programs held at AEII and Wedgwood Elementary. Please call sites for Winter space availability.

Explanation of Fees – The standard monthly Before and After School program fees are calculated by determining the school year cost and dividing by ten. This averages the cost of the programs over 10 months and allows for a consistent fee. For example, the same fee is charged for a full month (September) and a holiday month (December).

Session Info:

Before School, 7:00am-9:00am

5 days a week \$150

4 days a week \$145

3 days a week \$110

2 days a week \$75

1 day a week \$40

After School, 3:00pm-6:00pm

5 days a week \$230

4 days a week \$220

3 days a week \$165

2 days a week \$110

1 day a week \$55

Kid's Time Phone Numbers

Ravenna-Eckstein, 684-7534

AEII Director: David Sienkiewicz, 729-9538

Wedgwood Acting Director: Humberto Mendoza, 729-1726

Spring Break Camp KID'S TIME

Locations AEII and Wedgwood

Monday – Friday (grades k-5) 7:00am-6:00pm \$135.00 April 10th – April 14th (5 days)

Schools out, Join us for a fun filled week of activities at Kid's Time. The week will include games, sports, art, cooking, fieldtrips, and more. Bring a sack lunch and drink daily.

Priority registration given to KIDSTIME families; open registration begins on April 4th. Space is limited.

Ravenna-Eckstein Community Center Summer Camps

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Day Camp Registration Begins April 4 2006. Please pick up registration packets for all Day Camps at the front desk. There will be NO lottery this year. Open registration will begin at 1:30pm.

SUMMER DAY CAMP at AEII
Decatur Elementary
For campers entering 1st – 5th Grades
Monday – Friday
\$135 per week /wks 1, 3 – 9
Second child discount \$130
\$108/ wks 2 & 10
Second Child Discount \$103

7:00am - 6:00pm June 26th - August 31st

(No camp 7/4 and 9/1 these weeks will be prorated)

In order to reserve a weekly space in each camp for your child, a non-refundable deposit of \$25.00 per week must be paid at the time of registration. Full payment for your child's first week of camp is also due upon your first registration. Therefore; full payment for each weekly session is due (2) weeks prior to session starting. Please do not use this brochure registration form for this camp registration. Registration packets are available at the in-person registration only on Tuesday April 4, 2006!!!!

Low adult to child ratio
Trained and qualified staff
Daily enrichment activities
Weekly field trips, swim trips,
special events and
wheel days

Fitness and Sports

"MINI BALLERS" (COED)
INSTRUCTIONAL BASKETBALL PROGRAM
Monday (ages 6 -7)
5:30 -6:30pm \$58.00
April 17th – June 12th (8 weeks)
No class May 29th

Taught by experienced instructors, class will cover skills of passing, dribbling, shooting, defense, and offense. Must have turned age 6 by August 31st, 2005. Shirt included in class fee.

SUMMER T-BALL
(ages 5-6* \$35.00**
SUMMER COACH-PITCH
(ages 7-9*) \$35.00**

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Registration for T-Ball and Coach Pitch start Monday May 1st. Registration forms available by mid April. Practices will begin mid June; Games will be Friday evenings or Saturday mornings starting in July and will run through mid August. Practice days and tines may not be known at the time of registration. For any questions regarding the youth sports program, please call the Center at 684-7534.

*must turn legal age by June 21, 2006 **Shirts are ordered based on the size that you tell us that you need. If you order the wrong size there is a \$15 charge to order your new shirt.

Roller Hockey

If you are interested in your child taking Roller Hockey classes please contact us at 684-7534. We are forming interest lists now. We are also looking for instructors for this course so if you are interested please call us 684-7534.

WANTED: VOLUNTEER COACHES: Softball, Track, Coach Pitch, T-Ball Call 684-7534 or see staff

TEAM SPORTS

GIRLS SOFTBALL
(ages 10-17) Fee \$35.00*
TRACK AND FIELD
(ages 6-17) Fee \$35.00*

Sign-ups for Spring Sports will begin on Monday February 13th, 2006. Please register early since there is limited space. Practice will begin in April with games and meets beginning in late April. Practice days and times may not be known at the time of registration. If you have any questions concerning the youth sports program feel free to call Ravenna-Eckstein CC at 684-7534.

* Shirts are ordered based on the size that you tell us that you need. If you order the wrong size there is a \$15 charge to order your new shirt.

(Must turn Legal age by August 31st 2005)

YOUTH TEAM SPORTS REGISTRATION INFORMATION

Forms available at the center. To register, all of the following steps must be completed and turned in at the same time. Incomplete packets will not be accepted.

- 1) Bring Xeroxed copy of birth certificate. If you think you have one on file, please call office in advance of registration so that staff can verify and check it off their records. DO NOT wait until the day of registration or your wait in line may be longer. (This step needs to be done even if you were in the program last year or in any other sports program recently).
- 2) Complete permission/medical form.
- 3) Complete general sports registration form.
- 4) Pay (checks made out to City of Seattle)
- 5) Complete contract.



PIANO LESSONS (ages 6-adult) Wednesday \$182.00

Wednesday 3:30pm-4:00pm

4:00pm-4:30pm

4:30pm-5:00pm

5:30pm-6:00pm

6:00pm-6:30pm 6:30pm-7:00pm

April 12th - June 7th (11 weeks)

Explore classical and contemporary music and music theory as you learn to play the piano. Students of all levels will receive personalized 25 minute lessons. Space is limited. The instructor has 18 years teaching experience. Please put your first and second choice of lesson time on your registration form. Cost of class does not include books and supplies.

Instructor: Julia Yim Min 4/Max 6

Baby Sitting CPR

Saturday April 22nd 10:00pm-5:00pm \$38.00

This course teaches 11-15 year olds how to handle emergencies, prevent accidents, and understand children's needs at different ages.

Students should call the American Red Cross of King & Kitsap Counties to register at 206 726 3534 or register online at seattleredcross.org.

Youth

BALLET 1 (ages 5-7)

* Must be of age as of September 1st 2005 *
Wednesday (11 weeks)
4:30pm- 5:30pm \$95.00
March 29th- June 14th No class 4/12

This class is for those who have finished Pre-Ballet. Basic ballet vocabulary is taught and combined into fun, energetic, and expressive dances. Students will continue to develop skills at the barre and center-work as well as their expressive abilities through creative/compositional assignments. Class uniform—Girls: tights, leotard, and pink ballet slippers; boys: black tights, t-shirt, and black ballet slippers. Hair should be pulled back off the face and in a bun, if possible. We will finish the school year with a June recital. Place and time TBA.

Instructor: Chloe Davenport Min 6/Max 12

Ballet 2(ages 6-10)* Must be of age as of September 1st 2005 *Wednesday(11 weeks)5:30pm- 6:30pm\$95.00March 29th- June 14thNo class 4/12

This class is for kids who have finished a year of Ballet 1 or instructor permission. . Students will continue to develop skills at the barre and center-work as well as their expressive abilities through creative/compositional assignments. Class uniform—Girls: tights, leotard, and pink ballet slippers; boys: black tights, t-shirt, and black ballet slippers. Hair should be pulled back off the face and in a bun, if possible. We will finish the school year with a June recital. Place and time TBA.

Instructor: Chloe Davenport Min 6/Max 12 YOUTH HIP HOP (ages 7-12)

Tuesday

5:00pm-6:00pm \$68.00 April 18th – June 13th (9 weeks)

This exciting class combines basic Hip Hop and Jazz techniques in a fun environment. Dance like a music video or Broadway star! Wear fitted comfortable clothes.

Instructor: Mary Diederichs

Min6/Max 12

BALLET 3 (ages 7-10)

* Must be of age as of September 1st 2005 *
Friday (11 weeks)
5:15pm - 6:15pm \$95.00

March 31st-June 16th **No class 4/14**

*ALL STUDENTS ENROLLING IN THIS CLASS MUST ALSO ENROLL IN BALLET 2. This is a class for kids who have had a year of ballet 2 or teacher permission. Students will continue to develop skills at the barre and center-work as well as their expressive abilities through creative/ compositional assignments. We will finish the school year with a June recital. Place and time TBA.

Instructor: Chloe Davenport Min 7/Max 12

 MODERN DANCE
 (ages 5-7)

 * Must be of age as of September 1st 2005 *

 Friday
 (11 weeks)

 4:15pm- 5:15pm
 \$95.00

 March 31st-June 16th
 No class 4/14

While fantasy and creativity are still at the root of this class, rhythmic and energetic modern dance exercises will help strengthen and stretch our bodies. Movement concepts such as space, force, and rhythm will be explored through games that develop creativity. We will also learn specific dances to enhance our new understanding of those movement concepts. Children should wear a leotard and footless tights of any color and have their hair pulled out of their faces. We will finish the school year with a June recital. Place and time TBA.

Instructor: Chloe Davenport
Min 7/Max 12

Summer 2006 SPOT Camp 2006 the SPOT

(formally known as Teen Camp)

Site: TBA

For campers entering 6th-8th grades

Registration packets available Ravenna Eckstein CC.

Monday through Friday, 8:00am-5:00pm

June 26th – August 31st

(no camp 7/4 and 9/1; these two weeks prorated \$120)

\$150.00 per week

In order to reserve a weekly space in each camp for your child, a non-refundable deposit of \$25.00 per week must be paid at the time of registration. Full payment for your child's first week of camp is also due upon your first registration. Therefore, full payment for each weekly session is due (2) weeks prior to session starting. Please do not use this brochure registration form for this camp registration.

Registration packets are available at the front desk.

- Numerous fun and adventurous field trips in and out around Seattle
- Excellent facility with gym, game room, out door playfield and sports courts
- Daily enrichment activities, many planned by the teens... games, sports, arts, cooking, science, environmental education, leader ship, and more
- Trained and qualified staff
- Small Camp size; low adult to youth ratio

Registration begins April 4th

Red Cross Baby Sitting Training Course

One Session April 22nd (Saturday)

10:00 – 5:00 PM Fee: \$38

Become certified through the Red Cross for baby sitting. This class is designed for 11 to 15-year olds, the Babysitter's Training Course can help you: interview for a babysitting job, choose safe and age-appropriate toys and games, perform first aid, learn diapering and feeding techniques, handle bedtime issues, learn tips for having a safe babysitting experience, and more!

Students should call the American Red Cross of King & Kitsap Counties to register at 206 726 3534 or register online at seattleredcross.org.

SPRING 06 TEEN PROGRAMS FOR MIDDLE AND HIGH SCHOOL YOUTH

Through the passage of the Pro Parks Levy, the City of Seattle has allocated funds to finance a Teen Development Leader at Ravenna-Eckstein Community Center to provide various activities and programs for Teens grades 6th-12th during the many times—Afternoon, evenings, weekends, and summers when they are not in school. funds will help teens enjoy recreational, cultural. athletic. and educational opportunities in a safe, fun and welcoming environment.

All programs are supervised by the Teen Development Leader, instructor, or volunteer. All times and dates of activities are subject to change.

CHECK OUR MONTHLY TEEN CALENDAR FOR MORE ACTIVITIES!

VOLUNTEER!

Your Service Learning Headquarters A variety of service learning opportunities are available for teens. Many of the opportunities that we provide are service based and require an understanding of customer service. Some include mentoring, trips to local elementary after-school programs, environmental and community projects. Volunteer hours count toward completion of school required hours. If you are interested in the many Service Learning / Community Service opportunities available please call Amanda Enright at 684-7534 or Ron Mirabueno, Service Learning Coordinator at 233-3979.

2006 TEEN SCENE DROP-IN PROGRAM

Monday – Friday 2:30 - 9:00 PM Come and hang out in our teen center where you can play foosball, air-hockey, Station 2, board games, watch movies and TV. Participate in our monthly activities such as a variety of cooking, art, and dance classes, sports and fitness opportunities, special events and service learning opportunities. Daily snack is provided.

POWER HOUR

Monday - Friday 3:00 - 4:00 PM Teens have an opportunity to complete home work daily during Power Hour. Volunteers and staff are on hand to help, and tutors are available by request.

OPEN GYM

TBA

Enjoy basketball, volleyball, flag football, dodge ball, kickball, and other gym activities.

TEEN COUNCIL MEETINGS

2nd & 4th Wednesday Every Month Beginning April 12 4:00 - 5:30 PM Be a part of the Rav-Eck Teen Advisory Council. Have an active role in directing the focus of the teen programs including planning activities, special events, fundraising projects, field trips and overnight trips. Snacks provided.

NEED ADULT VOLUNTEERS!

Ravenna-Eckstein's Teen Program is looking for caring adults who want to share their talents and knowledge with the local teens. Whether it be resume writing, sports, interview skills, business skills, arts, music, cooking, attending field trips, or anything else, we need your involvement, skills, and enthusiasm!

For more information please call Amanda Enright at 206-684-7534.

BON APETITE

Mondays 4:30 - 6:30 PM
One-Time Fee: \$10 April 10th – June 5th

Add a little spice to your week as we explore and create savory regional dishes. Come join us in the kitchen to improve your cooking skills! And of course, sampling will be allowed. Need to obtain food handlers permit by May 1st.

TEEN YOGA

Tuesdays 5:00 - 6:00 PM Fee: \$10 April 11 - June 5th

Instructor: TBA

Designed for students with or without previous yoga experience, this special course geared for "tweens" and teens can be a wonderful and fun way of cultivating self-discipline, promoting self-esteem and maintaining the physical, mental and spiritual well-being of any teenager. During this process, the teens often develop a greater sense of self-confidence by discovering the inner resources within, which help them to deal with the dynamic experiences that they are going through in daily life through this particularly trying and confusing stage of growth.

READY TO WEAR (Continued from winter) 15 – Week Course Ages: 12-17 Thursdays 4:00 – 6:00 PM

FEE: \$35.00 Begins January 19th – April 27th Location: Magnuson Community Center, will provide

transportation to and from. Instructor: Ngai Kwan

Interested in learning how to design & create your own outfits? This course offers a solid foundation in the fundamentals of pattern drafting, draping, and construction techniques, stressing the importance of proper fit and craftsmanship. Students learn how to develop a set of slopers, combining both draping and pattern drafting methods. Materials will be provided for each individual to design and create their own outfit to model in our Fashion Show & Dinner taking place on May 13th. We will also be going on a couple field trips to get familiar with the world of fashion design!

FRIDAY NIGHT OUT

Fridays 5:30 - 8:00 PM

Fee: \$5 per meal

April 21st & 28th June 2nd, 9th, & 16th

Does mom want to relax on Friday night, instead of cooking dinner? Come discover some of Seattle's best restaurants with the Ravenna-Eckstein teen program. We will be dining at 5 local restaurants of your choice. Teens will decide what type of restaurant we dine at which may include, Italian, Chinese, Thai, Indian, Moroccan, Japanese, American or pick your specialty! DRESS TO IMPRESS.

Late Night Recreation Program (ages 13-19)

Friday and Saturdays - 7-11pm - Free! Meadowbrook Teen Life Center 10750 30th Ave NE - 684-7523

Friday Night - Middle School Only

1st Friday Music Studio 2nd Friday
Culinary Arts
3rd Friday
Teen Swim (Middle/High School)
4th Friday
Pizza & a Movie

Saturday Night - High School Only

1st Saturday Culinary Arts 2nd Saturday Pizza & a Movie 3rd Saturday Pool Saturday

4th Saturday Special Event/ Field Trip

Bitter Lake Community Center Annex

13040 Greenwood Avenue N. - 684-7524 or 386-9870

1st Friday

Teen Skate 3 on 3 Tourney 2nd Friday 3rd Friday BBQ & a Movie

4th Friday Teen Swim at Madison Pool (8:30-9:30pm)

For more information on anything listed in the Teen Section or to register for a programs please contact Amanda Enright, Teen Development Leader, (206) 684-7534.

Check out the monthly teen calendar to find out what else is happening this Spring, like field trips, daily drop-in activities, and programs.

TEENS TEACH

Tuesdays 3:00 – 6:30 PM This is a great way to get out and visit other community centers while earning service learning hours at the same time. Teen create a curriculum and activities to teach elementary age youth at the Kids Time after school program throughout Seattle Parks and Recreation.

PYL

(Points of Light Youth Leadership Institute)
Every 1st & 3rd Friday Beginning April 21st
4:30 - 6:30 PM

Location: Meadowbrook Teen Center

PYLI is a state-of-the-art training program designed to teach leadership and community service skills to middle and high school students. There are three major program elements to PYLI. They include teaching the curriculum, planning and implementing the community service project and conducting a graduation ceremony.

Food Handlers Test

Wednesdays in April, May, & June 4:00 PM Fee: \$10

Learn how to handle and prepare food. Pick one of these dates to take the class and once you pass the class you will receive a food handlers permit good for one year. Please call at least one week prior to class you would like to attend.

SPEAK

Every Other Wednesday Beginning April 19th 3:00 - 4:00 PM

Girls Club to talk about real life issues teens are facing today. Teens direct the focus of the group discussion. Possible special speakers and field trips.

College Prep Sessions

Thursday April 27th & May 18th 6:00 - 8:00 PM FREE

Are you ready for college? Want some tips on where to look for scholarships? Ravenna-Eckstein Community Center will be holding a FREE College Prep Workshop on from 6:30 – 8:00 PM in the teen room. We will be having special speakers from DeVry University and other local colleges hand out materials and offer advice.

Resume Building Workshop

Thursday June 8th 6:00 - 8:00 PM

FREE

Learn the basics of effective resumes and how to communicate skills to an employer in cover letters and resumes. Learn how to power up a resume and make it more professional using cutting edge information.



SPECIAL EVENTS

TEEN & PARENT POTLUCK FRIDAY APRIL 21st

6:00 - 8:00 PM Fee: FREE

TEENS, gather your family and bring your favorite homemade ethnic dish to our potluck dinner. Bring copies of your family recipes to share with others, (unless you prefer to keep it a secret!) Please RSVP to Amanda by April 7th. Want to go over the top? Create a poster on your dishes' ethnic background and bring a flag to represent your dishes' country origin.

'READY TO WEAR' FASHION SHOW & DINNER

SATURDAY MAY 13th Time & Location: TBA

Fee: \$10 Entrance fee

Please join us in support of the 'Ready To Wear' fashion club in their first annual Fashion Show & Dinner taking place on Saturday May 13th.

MOUNTAIN BIKING

SATURDAY MAY 20 & JUNE 3rd

Time & Location: TBA

10 AM - 3:30 PM Fee: \$2

Ever thought of learning to mountain bike? Come tear it up with the Ravenna-Eckstein crew. Trips for Kids will be providing all necessary gear, including mountain bikes and helmets. Need to register by May 12th.

Adult Programs

ADULT AND SENIOR GAMES

Monday (adults and seniors)

April 17th - May 22nd

\$5.00 each week

10:30am - 12:30pm

4/17 Scrabble

4/24 Card Games (your choice)

5/1 Board Games

(your choice from our selection)

5/8 Scrabble

5/15 Card Games (your choice)

5/22 Participants choice

Seniors and Adults come and join us for games, games and more game. Each week enjoy a different game. We will provide the games and coffee so bring your friends, a snack or a lunch and \$5.00 for some good old fashioned fun.

DROP- IN SPORTS FEE

This fee is applicable to all scheduled drop-in sports programs for adults during operational and non-operational hours at community centers. The adopted fees are as follows:

Adults 18-64: \$2 per session

• Senior Adults 65+: \$1 per session

DROP-IN BASKETBAL (18 and up) \$2.00/per day Schedule is always subject to change,

Schedule is always subject to change, so it is suggested to call 206-684-7534 for a daily schedule

DROP- IN BADMITTON (adults)

Wednesday

6:00pm-8:45pm \$2.00/a week

April 12th – June 21st

MENS BASKETBALL LEAGUE

Are you interested in a Men's basketball league? This summer Men's Basketball ages 20 and up and/or a 6ft or under leagues. If you are interested please contact Michio at 684-7534.

WANTED:

Qualified Referees: Men's Basketball League Call 684-7534 or see staff

ADULT COED VOLLEYBALL

League Play Starts April
Tuesday and or Thursday Evenings

Pre-registration for all teams required by March 28th. For more information please call Ravenna-Eckstein at

206-684-7534

Fit Ball (adults)

Monday

6:00pm-7:00pm \$56.00 April 10th – June 12th (9 weeks)

No class 5/29/06

This class will enable you to develop overall body strength, tone, balance, posture awareness and coordination. It is exceptionally safe for those individuals with back related concerns. If you are looking for a class that emphasizes overall strength and conditioning.... So that you can get ready for the winter ski, snowboard, and basketball season then this class is for you.

The instructor is a certified fitness trainer Instructor Blanka J Min5/ Max 20

Beginning Latin Dance

Tuesday (11 weeks) 6:30pm-7:30pm \$68.00 April 18th – June 13th

Ever felt uncomfortable dancing at weddings, office parties or out socializing? Then let us help. In this 8 week class we will explore a variety of social Latin dances. From the Cha Cha to Flamenco we'll do them all. Wear comfortable clothes. We will perform on the last day of class, or have an open dance as students prefer.

Instructor: Mary Diederichs

Min6/Max 12

Adult Programs

Middle Eastern Dance

(Belly Dance)

Tuesday (10 weeks)

7:30pm-8:45pm \$83.00

April 11th – June 13th

Learn the basic Oriental and Tribal dance techniques with the exciting and fun sounds of Middle Eastern music. Through the graceful movements of belly dance, you can enhance your selfimage, tone & strengthen muscles & improve flexibility & balance.

At the end of each session, you will learn a short choreography. There is an option of incorporating veil, fan, or zills (finger cymbals) in last few class Wear comfortable dance/ exercise clothing. Dance shoes, socks or bare feet recommended.

Instrcutor: Safina Lee

PIANO LESSONS

(ages 6-adult) Wednesday \$182.00

> 3:30pm-4:00pm 4:00pm-4:30pm 4:30pm-5:00pm 5:30pm-6:00pm

> 6:00pm-6:30pm 6:30pm-7:00pm

April 12th – June 7th (11 weeks)

Explore classical and contemporary music and music theory as you learn to play the piano. Students of all levels will receive personalized 25 minute lessons. Space is limited. The instructor has 18 years teaching experience. Please put your first and second choice of lesson time on your registration form. Cost of class does not include books and supplies.

Instructor: Julia Yim Min 4/Max 6

PRE-NATAL YOGA

Monday

7:15pm-8:30pm \$68.00 April 10th – June 5th (8 weeks)

No class 5/29/06

A prenatal program for woman during the second and third trimesters of pregnancy to enhance physical and emotional health through the practice of prenatal yoga excises, breathing, visualization and deep relaxation. Learn how to cope with your body's changing alignment, counteract backaches, and prepare the birthing area for delivery, maintain your energy level, control mood swings, relax and maintain a positive out look. Bring a Blanket and two pillows to class.

Medical authorization required.

Instructor: Margaret McAndrews Min 7/Max 14

Fit at Any Size: Finding Your Inner Athlete

Wednesday

10:00am- 11:30am \$107.00 April 19th – June 14th (9 weeks)

Size and Fitness are NOT the same thing! It's a myth that only thin people can live longer, healthier lives. Anyone can befit. Join this class and Discover the difference between exercise and training. Learn how to measure fitness. Supportive Instructors create a Positive environment to Begin the training process toward fitness. How many running starts have you taken at fitness? Ever wonder, "How do I begin when it's been so long?" and "How do I evaluate my progress regardless of clothes size?" This class mixes education with physical training to provide a strong foundation on which to Build a new fit lifestyle. We will use the textbook "Fit and Fat" by Sally Edwards, which is included in the price of this class. Heart rate monitors will be used in this class, participants can bring their own or arrange to use one through the instructors. The Instructors, Marla Fields and Cris Kessler use Heart Zones Fitness Training; Cris is a Certified Heart Zone Personal Trainer, and Workout Leader for Team Danskin Min10/ Max 25

Adult Programs

THE RAVENNA SECOND STRING ORCHESTRA

(all ages/children and adults)

Monday

7: 15pm-8: 15pm \$63.00*

April 10th – June 5th Concert (Site and date TBA) *Monday students may attend a 2nd (Wednesday) class for an additional \$25.00

This orchestra is for intermediate violin, viola, cello and bass players, and provides a rewarding way to begin or improve your ensemble playing. Enjoy the supportive atmosphere. There are no auditions we have fun while preparing for the short concerts at the end of the quarter. Please bring a stand. For more information check our website at www. ravennastrings.com

Conductor: Judy Drake

Co-director: Lorraine Hughes Min 17/Max 25

THE RAVENNA STRING ORCHESTRA

(all ages/children and adults)

Wednesday

7: 15pm-8: 15pm \$63.00

April 12th – June 7th Concert (Site and date TBA)

This orchestra is for advanced violin, viola, cello and bass players. There are no auditions. Expect to have fun and play some very exciting music. Although the rehearsals are informal and without pressure, members of the orchestra are serious about preparing for the short concerts which conclude each quarter. Please bring a stand. For more information check our website at www.ravennastrings.com.

Conductor: Judy Drake

Co-director: Lorraine Hughes Min 17/Max 30

CPR/ FIRST AID

Tuesday and Thursday 4:30pm - 8:30pm

April 4th & 6th \$54.00 May 2nd & 4th \$54.00 June 6th & 8th \$54.00

This course teaches how to respond to emergency, proper techniques of controlling bleeding, treatment for burns, poisonings and sudden illness, choke-saving maneuvers, rescue breathing & CPR for adults. This course meets OSHA & WISHA requirements.

Students should call the American Red Cross of King & Kitsap Counties to register at 206 726 3534 or register online at seattleredcross.org.

Wellness through Mindful Living

Thursday

7:00pm-9:00pm

\$130.00

April 20th – June 8th And a Saturday DATE TBA 10:00-4:00pm

This class is an experiential exploration of mindfulness. Mindfulness is a way of learning how to relate with awareness to whatever is happening in your life, moment to moment, breath by breath. It allows us to connect with our bodies, minds, hearts and spirits. It is a practice of having a nonjudgmental and non-reactive relationship to all of life. In the class we will learn a variety of practices including meditation, yoga, and body awareness, which are designed to help deepen our understanding and application of mindfulness. This class is based on the Mindfulness Based Stress Reduction Program (MBSR) designed by John Kabat-Zinn, Ph.D at the University of Massachusetts Medical School over 25 years ago. A more in depth description of this program can be found in John's book Full Catastrophe Living (Dell Publishing, 1990) or at the website of the Center for Mindfulness in Medicine, Healthcare and Society at www.umassmed/cfm.

Years of research indicate that a majority of people who complete this course report:

- Decrease in physical and psychological stress
- an increased ability to relax
- reduction in pain intensity and ability to live easier with chronicity
- · a more balanced sense of health and wellbeing
- improved ability to cope with both short and long-term stressors
- greater daily peace of mind

People participate in this class for such reasons as...

- · Stress: Family, job, etc.
- Chronic pain and illness
- Anxiety and panic disorder
- Migraines and other health problems
- Sleep disturbances
- A general feeling of dissatisfaction with life

Instructors: Carol Paluchowski &

Mark Goodman

General I nformation

E- Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information on line.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please contact us at 684-7534.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental, or physical handicap.

Accommodation for people with disabilities.

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodations, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area that is not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Special Populations

For information on programs for youth/adults with disabilities, please call the Special Populations Office at (206) 684-4950, or visit the web at:

http://www.cityofseattle.net/parks/SpecialPops/index.htm.

Rentals

For information about room rentals, please pick up a copy of our facility rental brochure, visit http://www.ci.seattle.wa.us/parks/reservations/facrentalguide.htm or talk to one of our staff.

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

Payment

You can pay for classes and other activities by mail, internet, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to the City of Seattle. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee.

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of 3.25% paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax where applicable.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service/deposit charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class). will receive no refund.

Please read the entire policy, #7.16, for specific information.

Scholarships

Ravenna Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability at 684-7534.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Playground Replacement

Ravenna-Eckstein Community Center Playground Replacement

A project is underway to replace the aging playground equipment at the community center and upgrade the play area. Community involvement is needed to choose a design, plan the project and fundraise.





If you are interested in finding out more, please contact the Community Center at 684-7534 and watch for our meeting notices around the neighborhood.

Meetings are held in the Tot room on the last Wednesday of the month. Bring your whole family and join your neighbors in the planning! This is a great way to make a difference in your neighborhood and to make new friends.

I mportant Numbers

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SWIMMING POOLS

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Ravenna-Eckstein is always looking for volunteer support. If you have interest in volunteering here is a quick list of some of our up and coming opportunities that are in need of support. Your volunteer efforts can range from a few hours to an ongoing commitment. A Washington state criminal background check will be required.

- · Be an Advisory Council member
- Be a part of our Playground development and implementation committee
- · Be a softball coach
- Be a track coach
- Be involved in Teen programs
- Help at Family Fun Nights and other Special Events.

For more information about these opportunities please call Ravenna-Eckstein Community Center at 206-684-7534

SEATTLE PARKS & RECREATION PROGRAM REGISTRATION FORM

in partnership with the Associated Recreation Council

This form is for NON-Day Camp programs only. Ask recreation staff for day camp registration forms as needed.

Registration Procedures:

- 1. Please complete registration form entirely.
- 2. Payment MUST accompany registration.

(ADULT) Name:		First	First MI		Sex: Male Female (Circle One)		e	
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Ravenna-Eckstein





Seattle Parks and Recreation Ravenna-Eckstein Community Center 6535 Ravenna Avenue NE Seattle, WA. 98115

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